

For marine PAR levels please click [here](#).

The list below shows the light ranges needed for plant growth in fresh water plants.

The minimum figures are used as a guide line where growth will be minimal and the health of the plant may come into question.

At the maximum level no more growth will occur for an increase in light.

Remember PAR is a better measurement of quantity of light than quality.

A [seneeye](#) reef device will help you do more analysis than just PAR.

You can find more information on Aquarium lighting [here](#).

Organism	Genus	Species	Lighting Requirement	PAR ($\mu\text{E m}^2\text{sec}$)		
				Minimum	Ideal	Max
Plant	Anubias	angustifolia		40	125	200
Plant	Anubias	barteri		40	75	125
Plant	Anubias	nana		40	75	125
Plant	Anubis Species			40	100	200
Plant	Aponogeton Species		High	100	150	200
Plant	Bacopa	Monnieri		100	175	250
Plant	Bacopa Species			100	175	250
Plant	Cabomba	caroliniana	Medium	100	150	200
Plant	Cabomba Species		High	100	150	250
Plant	Crinum Species		High	100	150	200
Plant	Cryptocoryne	beckettii		50	125	200
Plant	Cryptocoryne	wendtii		50	125	200
Plant	Cryptocorynes Species		Low	40	50	200
Plant	Echinodorous	barthii	High	150	200	250
Plant	Echinodorous	bleheri	Low - Very High	40	175	250
Plant	Echinodorous	macrophyllus	Average to High	50	150	200

fresh water plant PAR levels

Plant	Echinodorous	osiris	Average to High	50	150	200
Plant	Echinodorous	Ozelot		50	150	200
Plant	Echinodorous	palaefolius		100	200	250
Plant	Echinodorous	quadricostatus		50	150	200
Plant	Echinodorous	Rose		50	100	150
Plant	Echinodorous	Rubin		50	150	200
Plant	Echinodorous	tenellus		100	150	200
Plant	Echinodorous	uruguayensis		75	175	250
Plant	Echinodorous Species		Medium	50	100	150
Plant	Hygrophila	polysperma		150	200	250
Plant	Hygrophila Species			150	200	250
Plant	Lilaeopsis Species		High	100	150	200
Plant	Limnophila Species		High	100	150	200
Plant	Ludwigia Species		High	100	150	200
Plant	Microsorium	pteropus		40	125	200
Plant	Microsorium Species			40	125	200
Plant	Myriophyllum Species		High	100	150	200
Plant	Nesaea Species		High	100	150	200
Plant	Nymphaea Species		High	100	150	200
Plant	Pogostemon Species		High	100	150	200
Plant	Rotala Species		High	100	150	200
Plant	Sagittaria Species		High	100	150	200
Plant	Versicularia	dubyana		40	125	200
Plant	Versicularia Species			40	125	200
Plant	Vallisneria	americana		50	150	200

Plant	Vallisneria	spiralis		40	150	200
Plant	Versicularia Species			40	150	200
Plant	Egeria	densa		100	150	250
Plant	Egeria Species			100	150	250

This list was produced in association with Arcadia products - the experts in aquarium lighting.

<http://www.arcadia-aquatic.com>